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全能 运动员

过关斩将

Almighty Athlete - Chapter 01-14

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CHAPTER I

He opened the door and threw his jacket on the couch, return to his room grabbed his cell phone and began to revise his games.

He is zhang guang, an ordinary man

Zhang guang works in the sports bureau, his salary is not very high but the work is simple, he returns at home every night from his job to play games, the family of zhang Guang is not very wealthy but has a acpetable economic condition enough for not to worry about food and clothing.

play online games have become the most recent hobby of Zhang guang,holding his cellphone looking at the ratings of the latest games when suddenly, the phone screen turns completely black, Zhang Guang frowned, began to press the start button, but nothing happened

“How suddenly crashed, if it is the best phone on the market ”. Zhang Guang was preparing to restart the phone, when the screen suddenly lit up.

a Text appears on the phone screen

“Do you want to be a Almighty Athlete ?”

Zhang Guang thinking it's a link to a game cursed the security software installed on the phone, and pressed the “OK” button

The next moment Zhang Guang feel dizzy, followed by a headache, he lost consciousness.....

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ZHANG Guan slowly opened his eyes, a familiar face appeared in front of him. he carefully identify, is his good friend from high school Hu Xi.

“You Zhang Guang? You are fine?”

Nonsense, of course i am not fine, I’m confused, dizzy. Hu Xi handed him a bottle of mineral water, Zhang Guang drank the water and then Hu Xi said “You finally woke up, but just scared me.”

¿what happened? asked Zhang Guang

“You just fainted due to a heat stroke” Hu xi paused a moment and then said you passed the test, the examiner said that as are special circumstances, can give you an opportunity to retake the test in the last group.

Zhang Guang is surprised for a moment, I feel that this conversation is very familiar. He sat up, looked around, his face suddenly change color.

“This is a dream,” Zhang Guang pinch on his arm repeatedly and discovered he was not dreaming.

Hu Xi, I’m old? Zhang Guang immediately asked

” The Heat stroke confused you now. We are both 17 years old. Xi Hu said

Is this the national exam? Zhang Guang asked

“Of course,” Hu Xi nodded.

Zhang Guang took a deep breath, the idea in his mind has been confirmed, He really went back to his seventeen.

Zhang guang academic results in high school are not good for college admision.

At that time high schools with the purpose of increasing the level of acceptance from the university, to “encourage” sophomores with bad grades to try a “specialty” means letting the bad students to practice physical education and arts to enable the recruitment of sports or arts classes, even with low academic achievement can also be accepted at college, and improve the rate of acceptance at the

university of the school.

Zhang Guang is one of them, 17 years, has a height of 1.88 m even abroad can be considered a grown man, for that reason his teacher advised him to play sports, but he chose the simplest 100m sprint.

Soon after Zhang Guang began to play sports the standard test of the sports Bureau to measure the level of athletes, was conducted according to the rules of examination of universities can be selected 22 athletes for college entrance, many college recruiters have this type of qualification, so the certificate of this test would be helpful for college entrance.

The original experience of Zhang Guang, this time did not pass the national test, but his friend Hu Xicheng pass the exam. In this examination Zhang Guang collapse due to a heatstroke, he is the only one in the past decade that collapsed from a heat stroke, since it was an accident the examiner gave an opportunity to repeat it and put it on the final exam, the result was a poor performance, even a worse level than his normal days.

He had to wait one year, after 1 year of training Zhang Guang successfully passed the standard national test for athletes, then present a entrance exam for admissions to two local universities after graduating from college luckily he found a job.

"I really return to my 17 years," Zhang Guang look around and saw a reflection of his young face, finally accepting this reality.

His thoughts went back to reality, around fewer and fewer people are waiting for the test Zhang Guang knows that the final exam is about to start, he was about to run.

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At the entrance to the track a group of athletes are waiting.

They are the provincial track and field team, this is the original place of training, but because it is making the national exam was borrowed this site. so they were training in the gym, now that the exam is ending they are preparing to come back and start running

on the track

These are professional athletes, many have made achievements in national events, there is no shortage in the level of these athletes, so in front of a group of candidates in their opinion they are complete beginners, they are making fun of the results of the candidates

A 61 year old man is standing in front, probably measured 1.7 m tall, with a straight waist, white hair and full of energy.

And behind the old man a middle-aged coach, this person smiles apologetically, despite this the older man was scolding him but he never dares to refute his words.

This middle-aged man, is the coach Zhou, is the coach of the track team.

It is logical that the identity of the coach, in this site is definitely the boss, but is being reprimanded by the old man, it is assumed that the old manager has no small background.

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Zhang Guang stood in front of the track, and watch the other two sides.

Originally they run eight people but this is the last exam and Zhang guang is in a “special situation” now there are three people.

“I also remember the last exam were three people” Zhang guang was settled back in the starting line.

At that time, in his mind a Magestic voice was heard

“System boot” initialize

Who said that ? Zhang Guang looked around to see who was talking.

“Full initialisation, system is on”

Zhang Guang surprised confirming that the voice was in his mind followed by a special interface ..

What is this thing? Zhang Guang surprise in his mind was appearing this strange thing, He suddenly felt overwhelmed.

Learning skills,” Junior Sprint “..... are you sure?

Two small frames were “Yes” and “No“, “yes” was green, “not” was gray.

I have to select one ??? Zhang Guang undoubtedly select “Yes“.

“Congratulations, you learn the new skill.” Sprint “the voice sounded in the mind of Zhang Guang and the icon turned green..

skills “Sprint” running speed in a straight line has improved, duration 10 seconds.

“That hell is this is like the teaching model of a game”? Zhang Guang cursed secretly in his heart, and subsequent interface appeared in his mind a transparent dialogue.

Novice Task: please activate the ability: Sprint

“It’s really like a task of a game,” Zhang Guang while thinking about the activation of “Sprint” in its green icon.

In the upper right corner of the interface, this icon beside sprint and shown in digital timer 10 seconds accurate to the millisecond.

“Then Activate skill? Zhang Guang look at the dialog box” Novice task “, but does not know what to do next.

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“Steady, Ready” the examiner raised the gun and pulled the trigger.

“Pow”

Gunfire sounded, the two men rushed out but Zhang Guang did not

move on the track ..

Guang Zhang awoke to discover that the two men had already left.

“Yes, I’m still on the exam, how i use the system? Zhang Guang cursed harshly and the system suddenly start, the body followed immediately and started running.

however, from the moment that the shooting sounded it has been more than 1 second.

Far the coach Zhou, the provincial team coach from track and field with a smile of apology to the elder man said, “Teacher this year is special, mainly because the new sports center has not been completed, so the last option is that the national test has passed here until the new sports center to be built next year, and certainly not take our training ground, certainly not delay our training ”

The old man listen to the coach and said “this session athletics championships will be held in September next month trials of national teams started, and how this delay in training mattered, but also the test for athletes not does not matter? college stadiums, the provincial body is very large or go to provicional institute of science and technology of China, the standards in the stadium are not low but at this level is not necessary to make a test here. you just look at the quality of the athletes, they are not concentrated and even with the shooting he did not move. ”

Chen Lao (old man) said pointing to Zhang Guang, the next moment watching the track his voice stopped, staring, and then said:

“So Fast”

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On the track, Zhan Guang particularly felt his body relaxed, every step, feeling his legs with an endless power. This feeling never before had happened, he just felt that every bone in his body, every drop of blood every cell was vibrating.

Zhang Guang running was sure that he has never been so fast, even in his memory when it was at its best condicon the next year.

he has never had such great speed.

At this time they are at 40 meters from the finish line, Zhang Guang is finally reaching the other 2 runners ,and only 10 m after Zhang Guang overcame the duo.

“This is happening? I can not run so fast! The reason is only because of the skill? Guang Zhang immediately saw in his mind that the icon started flashing, and the number is approaching to” 0 “.

When the time came to 0 the flashing icon in the upper corner disappeared, then the speed Zhang Guang had decreased considerably, that feeling of relaxation disappeared without any trace.

Fortunately, at that time he was not far from the finish line, Zhang Guang with its own strength combined with the inertia that had, he still crossed the line first.

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the older man was still pointing to Zhang Guang.

“Professor” “Professor” coach Zhou called.

The older man was muttering, “with that slow start, but that speed i can not let him go away”

CHAPTER II

At the finish line, the examiner in charge of the hand timer said:
“The first track 11.45 s”

“The second track 11.30 s” Said another examiner

“The 3 track 11.48 s” said the last examiner

Zhang Guang showed joy in his eyes his time was 11.30 s the 2 track, that result 11.30 s in accordance with the selection criteria for national athletes is a very good time, the standard time received for national 100m track athletes with a hand timer is 11.50 or 11.74 seconds with an electric timer, according to the manual time of 11.30 he reached the national secondary standard

Zhan Guang knows that in sports he is not an extraordinary talent, according to the original time, he made the test a year later and was able to reach the level of an athlete, in fact, ordinary people can achieve this standard with training, and now he too can run in the case of a slow start 11.30 s indicating that the “system” in his mind deserves the credit, particularly when the system’s effect ends. Zhang Guang feel that slows down significantly which illustrates this point.

“Novice Task: Use the ability to complete the unlocking of the time display.” The system had sounded at the same time a timer appears in the mind of Zhang Guang.

Followed by a symbol that appears: **“The time display can show precisely how long it takes a movement, race time etc. with different types of movements or changing the type of visualization”**

“What is this? Zhang Guang carefully read the contents of the tips to determine how accurate the timer function is?.

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Far the provincial track and field team coach, coach Zhou looked at Zhang Guang.

The coach Zhou looked to where the coach Chen was pointing to Zhang Guang, when the three candidates began to run on the track, he did not see the start only when Zhang Guang speed up and passed the other two candidates.

"This guy speed is so high, I sense that he can reach the level of a professional athlete. Huh? 11.30 s How can that be? Compared to the other two he should be faster" commented coach Zhou.

"Not 11.30 s it should be 10.30 s " the older man said suddenly:
"He was distracted, he began 1 s later "

Coach Zhou asked in surprise: "Professor, you said that he started slow and ran 11.30 s but its true speed can be 10.30s?
"If there is no error more than 1 s" the older man said confidently

"The manual timer of 10.30 s is equivalent to 10.54 s, which is really close to the level of a national athlete. Seeing him near to the level of a national athlete being a high school student It can be considered a good talent" coach Zhou said

As the provincial athletics team coach, the selection of young athletes is naturally one of his works, so for a good local prospect coach Zhou should know something, but in front of Zhang Guang the coach Zhou is obviously an outsider.

The results of 100 m sprint at the national level are evaluated with an electronic timer, but the tests are corrected in different ways, but the standard of athletes is 10.93 s to be approved, with is the current level of the country, more people can reach this level.

But the national level athletes after every 0.1 s progress is extremely difficult, so in men 100m sprint, the standard of athletes is 10.50 s, a country with world class athletes need to lose 0.43 s but this is an immeasurable amount.

Asia It is at the end of the sprint worldwide, the domestic level can be considered superior, Other sports can have athletes at the level

of high school students, but no one in the sprint at the age of 18 is able to reach it. That's why coach Zhou has trouble believing these results.

"Xiao Zhou, maybe we find a gem for the team," the old man said as he walked, "I will seek information about that kid, I have to let it run again"

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Zhang Guang stood on the starting line again, feeling a mysterious atmosphere around him.

The other candidates are gone, even the original examiner at the end with a timer has been replaced by the older man and middle-aged man.

Just remembering the events make zhang guang worry.

The examiner will test him alone and let him run once, the interviewer told him he only had to run again and would receive two certificates . Zhang Guang wonder if his time of 11.30 s was valid, why run again?

More importantly the examiner told him that if he ran very well that perhaps might be interested universities.

Elite athletes may be recommended for admission to college, Zhang Guang knows this, but he never heard that if you give a good performance in the national test you also may be admitted.

in a cloud of doubt, Guang Zhang stood on the track.

In his mind the green icon was there, because when the icon is gray it can not be used.

"Steady, Ready" the examiner raised the gun start and this time when I hear the sound of the shot, Zhang Guang immediately started running, but also in an instant Zhang Guang active skill
"Sprint "

Zhang Guang improved his step, once more he felt light, his legs full

of energy.

At the same time, the interface that appears in his mind the time bar also moves to a millisecond accuracy, the time was advancing Zhang Guang observes the time it takes to run the 100m.

Far away, athletes who were training focused their attention here, and several players 100m sprint walked forward.

“This child is good his speed is fast, how can I feel that he can give more” said a 400 m athlete

“How is this possible,” another voice was heard and said, He is an amateur, from the technical point of view his start is completely wrong and his pace does not have any rhythm but ”

This man spoke but the sound was becoming smaller, apparently he felt a little guilty, they are all professional athletes, with the speed and feeling of years of training to improve their ability.

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the 10 s Skills Sprint is insufficient to support Zhao Guang completely in the 100 meters, at a distance from the final he can only count on his own strength and inertia to cross the finish line, losing the support of the ability sprint, it makes him lose speed significantly even the naked eye can tell the difference.

Coach Zhou and the older man each holding a timer and in the moment when Zhao Guang crossed the finish line the two stopped the timer. then they saw the time in his timer and immediately see the other timer.

“Sure enough, the time is right”

“The timer has no problem” they both said

At that time the two people with the timer on their hands are showing the same time 10.38 s.

Just looking at this time the two do not believe this number, so invariably look to the other side but when they see the same number, they just have to accept reality.

Looking at the timer on his hands coach Zhou represses his emotions, speak and said, “This is the second race if it is in accordance with the level of professional athletes to calculate the 2 race, the second action is destined to decline, which means that the first time when he ran the actual time was 10.30 s, he really has the level of a national-level athlete, if I do not see it, I do not believe it.

The older man nodded his head: “He certainly has not limit to his explosiveness and his speed is very good, but his beginning is very bad and he need to learn the process of rhythm and pace, he is clearly an amateur, I think he will be able to learn, to the end of the track his speed dropped significantly and obviously as he is so young compared to adults has poor physical strength , beginners do not know how to allocate their power, which is normal, but still he obtained these achievements is not only a good seed his future is unlimited.

The older man said and turned the coach Zhou and said, “He is a genius, we have never gotten a genius, we have to get him to the track team”

Coach Zhou nodded: “Professor, athletes participate in this examination to present the certificate to universities, but we have in our hands quotas for universities in the provinces, no matter what institution he choose do not worry we will be able to bring him to the team ”

Enjoy 😊

CHAPTER III

Zhang Guang crossed the finish line, looked around and no one was paying attention, he was about to leave.

“Hey You” a voice came behind him, He looked back and saw an old man and a middle age man were approaching

“the two examiners, what will they want ” thought Zhang Guang

“Zhang Guang my last name is Chen and he is Zhou , we are the coaches of the provincial athletics team.” the older man introduced himself, and then asked, “You want to join the track team?”

” The Provincial team” after the surprise Guang Zhang said, “but not all provincial team athletes are professionals?”

the older man nodded “Yes, they are all professional athletes, if you come you too will be a professional athlete”

“Why choose me? Zhang Guang immediately wonder

“Your speed at 100 m is fast, if we can improve your training, you’re meant to be the national leader of the sprint project . And later competitions abroad, to bring glory to our country” The coach Zhou replied diplomatically.

“No” Zhang Guang shook his head, if he had 17 years of age he might have been easily deceived; but Zhang Guang knows that being an athlete is very difficult and probably he will never achieve results in a lifetime.

Zhang Guan reject the proposal, coach Zhou said: “I have quotas to provincial universities if you join the track team the quota is yours”

“SERIOUSLY” Zhang Guang suddenly felt very well.

According to the direction of its original life, Zhang Guang presented in two local universities, and after graduating from a

administration school in sports was admitted to the sports Bureau, he had a fairly simple job, and then return quietly at his home to playing online games, Zhang Guang academic level made it impossible to study at a good university but now he can be admitted, Zhan Guang knows that this is the real benefit.

At this time, Zhang Guang recalled that his parents did not have the pleasure of seeing him go to a good college they did not feel that pride, Zhan Guang knows that this would be a great gift for his parents, at that time he make a decision ”

“If I really can get into a good college, I join” said Zhang Guang.

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At home, he can not wait to study the system. but he can not open the skill bar because it is still in learning mode, in beginner the system functions are disabled, and now he can only use “sprint” his only skill..

Zhang Guang dosen` t not know what is capable the beginner mode but his next task is to participate in an official competition.

“Taking part in a race? Where can I find a race” Zhang Guang looked helpless to the task, obviously if not complete this task the novice system will not end and he can not see the other parts and the system skills.

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the bedrooms of provincial athletes.

Zhang Guang already arrived and is finished unpacking his belongings, beside his bed a thin man was lying on his bed watching a martial arts magazine while talking to him.

This man is called Wang Kai, and is also an athlete in the track and field team but his distance is 1500 meters, is also the new roommate Zhang Guang.

Wang Kai lying on the bed lifted his legs as he continued reading his magazine and said: Hey Zang Guang your luck is very good, I

heard that the old Chen is teaching you personally ”

“Lao Chen”? is that man in his 60? why you say that I’m lucky, who is that man? ?. Guang Zhang said as he settled his clothes in the closet

Wang Kai sat down and started talking and said, “You’re on the track team and do not know who Chen Lao is, he used to be our national coach track and field team, a few years ago he retired and we ask him to come here”

Wang Kai saw Zhang Guang that did not have a great reaction and said, “Lao Chen is the first person in track and field, he is the fastest man in the world”

Fastest man in the world ??? That would mean that broke a world record, Zhang Guang smiled and said: “Wang do not lie, I know that the project of 100 m started in the 80s and we have been able to break the Asian record, but we have not been able to break the world record”

“At that time the person who broke the record of asia is Chen Lao” Wang Kai went on: “In the era of manual count, Chen Lao ran 10 s but this result was the fastest in the world, at that time only 4 people could run 100 m in 10 s Lao Chen in the 5 person to run in 10 s “and you say who is that man....

“That’s it,” Zhang Guang nodded, Chen Lao achievements in his youth, he did not think could be the fastest man in the world, “the fifth fastest man” a few days ago he had never seen this man.

Just listen Wang Kai said: “Now the national athletics team and the person which manages the system are disciples of Chen Lao, the coach of the national athletics team was once partner and if you can get a recommendation from Chen Lao enter the national team it is not a problem ”

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The next day Zhang Guang not started training, but a series of measurements, and again run the 100 m in 10.32 s manual timer

these results relaxed Chen Lao.

In the evening Chen Lao watched the measures and data in the report and was surprised, seeing only from the point of view of data Zhang Guang is at a beginner level there is no way it can run at a professional level.

“There is no merit this is the data of a normal man ,, with these data and can run that fast” Chen Lao moved at filling the report measures.

Chen Lao proceeded to give a manuscript to Zhang Guang and said: “This is your training for the next month”

Zhang Guang looking at the plans all written by hand, you can see that Chen Lao spend a lot of energy in this.

Just listen Chen Lao said: “I have a detailed analysis of your situation now, your problem is the lack of professional training you’re still at a beginner level, your reaction time starting is very slow, your posture is not standard, your lack rhythm and control in your movements, the other is lack of physical strength, you lose power at the end, which affects your sprint ”

Guang Zhan nodded, the analysis of Chen Lao has a lot of sense he has always been a beginner, there is no technology in his run, only the last part losing speed because the Sprint ability disappears.

Old Chen continued to. “As a professional athlete your foundation has to be strong you are relatively young and have no knowledge of the sport It is a good opportunity to lay the foundation, now let’s begin your training for the next two months,, your main exercise will be the beginning . to correct your position and have a better reaction time, my first goal is that in two months your reaction time is stable in 0.3 s.

The human movement the smaller it is the fastest is the reaction , when most people raise their finger the reaction time is 0.2 to 0.3 s and when we initiated a significant action the time is greater.

The reaction time is affected at a level training and normal reaction

time is between 0.5 and 1 s varies due to personal differences, and athletes who have trained their reaction time should be faster, a sprinter for example their reaction time starting is 0.2 s, 0.2 s between these may vary but this is the most standard time.

the international competitions the reaction time of the sprinters tend to be about 0.15 s 0.14 s if they can achieve is considered a success and if it is more than 0.17 s is a slow reaction time.

If you want to shorten the reaction time have to go through a lot of training for the muscles of the body, starting to remember the action, which takes time to build, for starters two months to improve your reaction time for 0.1 s while not impossible it is not a simple task.

Just listen: "This September 15th section of Asian athletics championships games will be in the Philippines, I received the news that the general administration is preparing a share and 50 athletes but this has nothing to do with you. but in early July in two months will be conducted the Asian athletics championships tests, with this you have relationship, the the trials is a good opportunity for young athletes, I'm ready to let you familiarize yourself with the game environment, but also to show you, so you know, this is a good opportunity for you to give a good impression.

" Chen Lao this is a official qualifier game ? Wonder Zhang Guang

ChenLao said: "Of course, the race is organized by national athletics"

Zhang Guang suddenly felt excited, the system in his mind gave him a task of "participating in a race," the task been waiting there, originally he was worried thinking about how to accomplish this task now the opportunity is here.

CHAPTER IV

Two months later the track team rode the train to the city of Tianjin.

not far from the provincial capital is the city of Tianjin, just 4 hours and in a few years after the completion of the high speed train will reduce the time to only 1 hour.

after the athletes arranged their accommodation, they began training to get used to this place.

Track and field is not one of the strongest sports in this country, so the domestic tests are not taken seriously because of this the registrations are not limited, usually a coach can send three contestants to the same project and in this competition the players can send four.

Sprint has always been the project with the lowest threshold, and 100 m the provincial team 4 players are participating. in addition to the 22 provinces of the island, 5 autonomous regions and 4 municipalities, together a total of 35 teams, 140 players are participating in the preliminary competition will be only 18 games.

for this reason when Zhang Guang came to the meeting place, this is already a crowded stadium, participants can only look around the room, there is no opportunity to make a trial run.

Many teams are aware of each other, after meeting they talk but Zhang Guang is new in this place, just his roommate Wang Kai who is serving as teacher introducing them to nearby players.

Wang kai pointed to the distance a man and said. "That's a veteran Eastern Han Zhao Yin, 2 years ago was shortlisted for the project 100 m, last year won the fourth place in the championship track and field to his side his teammate Liu Yang, a finalist last year in addition also his teammate Chen Jian, he is the first person in the 100 m household.

“There is a team East China Sea.” Pointing to another group of players said the flat head is Shen Yang, He is a world level player in 60m indoors, it is estimated that one of the posts of this competition will belong to him.

See That over there “Kang Kai pointed to a mountain of athletes

Zhang Guang said I know this man is Xia Hu “glasses”

You also know that “glasses” is his nickname? but having said that among all athletes sprint is the only one with glasses. This is Hu Xian began two years ago originated in the province after he was admitted to Tsinghua University and now represents the Yamashira team in this competition, “said Wang Kai

Zhang Guang nodded at this time Hu Xian not yet to become famous “glasses man” his nickname in the capital, after two consecutive years winning games in Asia this nickname will be well known.

Wang Kai currently is pointing to other players “Huangpu team”

“Huangpu team”? Zhang Guan watched carefully and ask, I do not see Liu Fei Fei.

he did not come this time, this section is the Ninth Asian Athletics Championships and world athletic games are in conflict so Liu Fei will not participate in these games or tests 100m. just two weeks ago Huangpu championships were carried out so that this selection is not a competition. said Wang Kai

“The project of 100 m who is going to carry out? Old Chen? Zhang Guang wonder

Wang Kai smiled and shook his head “100 m in our country still not reached the standard level world championship. The real strength of the track team are women walking distance, the 100m sprint is a hindrance to classify.

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Wang Kai followed with the presentation until late Zhang Guang

not remember many of the players, they followed a group of people to the dining room for dinner and then sleep until dawn.

The next day after breakfast Zhang Guang was with track and field team to the stadium.

Since the tournament arrangements were made hastily, several players missing the first day, of course not many people were concerned, nor the reporters raised the camera to take pictures or to write a story.

100m men had 140 players, 18 preliminaries will be carried out to determine the semifinals only the top 2 of each game will classify so more than 100 players will be eliminated.

Zhang Guang was in the first group on the second track,

in many games the first group can be considered as cannon fodder, because they are beginners where failure and emergency situations easily arise. If unexpected problems occur the game the cannon fodder has to deal with the consequences, until the timer is running perfectly then the famous players appear.

Another reason is that the game is starting and the atmosphere is bad so it is difficult for athletes to enter a state of play and produce satisfactory results, wait until the game has begun at a time when the atmosphere is strongly coupled with the enthusiasm athletes and the screams of the audience is easier to get better results. so the organizers usually organize the strongest players after half the preliminaries,

but this is also a benefit for the first group is that the strength of the athletes is low, the race organizers do not let strong players enter the first group so that this group usually is made up of new players.

Players with some experience not want to participate in this group but Lao Chen thinks it's a satisfactory result. what more need Zhang Guang is adapted to the atmosphere of the game, and the level of athletes here in this group is low so Zhang Guang will qualify.

Boy, the strength of this group is very weak, so if you use some

force sure you qualify” Lao Chen stood looking at Zhang Guang talking quietly

at that moment . a man shot his arm to shoulder at Chen Lao

” Chen Lao”

Chen Lao turned to look at a man standing behind him a bald man, smiling at him, this man looks about 60 years old, a big nose, a little fat.

“Less Than” you remember this man, come here. Chen Lao said with a smile

This man is the Deputy national track and field team coach, but also the national coach of track and field team.

This contest is sponsored by the National Athletic Federation and coach of the national athletics team is here to oversee the event.

Chen Lao for your information is a born sprinter, who repeatedly broke the national record of 200m in the '80s.

After retirement Chen Lao became the national team coach, it is an honor for a person who became the pinnacle of an athlete after retiring into coaching, both with almost 4 decades of friendship call each other “Prebysterian” and “less than”.

when old friends meet it is natural to recall old stories but Chen's Lao mind is focused on the field.

“Chen Lao go to the rest area for a cup of tea, the strength of this group is mediocre this group is the cannon fodder are nothing good.” Less than “said

“Cannon fodder” maybe will have bad luck I have a good seed ” Chen Lao said seriously

According to Chen lao understanding of a good seed He was shocked and asked out of curiosity: witch one?

It is the one in the second track, Chen Lao replied

Then he carefully look at Zhang Guang in the distance and said :
good is quite young is promising?

look and decide for yourself ” Chen Lao said with a smile

CHAPTER V

On the track, ZHANG Guan both feet in the starting blocks, could not help a bit nervous.

“Steady, Ready!” The Starter lifted starting gun, including ZHANG Guan, including athletes who have made the starting position.

Have to say for two months starting ZHANG Guan training is very effective, at least in the starting position and the direction of force aspect, ZHANG Guan has caught up with other professional athletes.

Finally, gunfire sounded, eight athletes on the track out of the starting line, ZHANG Guan at this time to activate the “**sprint**” skills.

However, at the starting moment, ZHANG Guan fell on the last one, professional athletes who start the reaction time is generally within 0.2 seconds, while ZHANG Guan current starting reaction time is slower than others about 0.1 seconds, after just two months of training, ZHANG Guan reaction at the starting time has not yet fully meet the standards of professional athletes.

Distant spectators guidance frowned on as national team coach, he knows the state of the natural starting reaction time and start time athletes have a great relationship, but every professional athlete after a lot of training, muscle and body already to start operation won memory, or even the formation of a conditioned reflex. For excellent professional athletes, even when the starting state worse, the body alone start memory and reflex, it is impossible to start the reaction time is slower than 0.2 seconds.

The only explanation the men’s 100 meters race in the career of the athlete’s starting reaction time is 0.2 seconds slower than the starting time distracted. When not focused on the game, no matter what sports are taboo, the 100 meters race is an unforgivable mistake. Ever since he turned slightly and looked for guidance Chen Lao, but found Chen Lao face wearing a faint smile, this is a very

pleased expression.

In guidance did not know, ZHANG Guan original starting reaction time is even more rotten, within two months will be able to start the reaction time is raised to within 0.3 seconds, and has let Chen Lao very satisfied.

“This is how Chen Lao, his disciples dare to start in the been distracted, he was so happy!” To guide feel a little strange, and then turn on the track to divert attention, then it has found the first ZHANG Guan keep pace with the name.

“How is it? How he caught up! Speed so fast! This is the country’s top players speed.” Stared at the guidance, he is the highest level of coaches, athletes speed is extremely sensitive, so just a moment, to guide it to make an accurate judgment.

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The next group of players ready to go a few are spectators on the sidelines.

“What’s one up on the red so fierce, so do not fight it preliminaries!” One player began.

“Normal, after all, is the first group thing, the strength is not dominant, it is better to grab the top two qualify for a rematch.” Another person speak.

“But this kid is really very fast speed. This speed should not new, how can I have never seen?”

“I have not seen”

“No, it seems to be some speed out of it!”

In the discussion of the crowd, ZHANG Guan nearing an end, even some distance lost the “sprint” blessing skills, ZHANG Guan no doubt crossed the finish line, but his mind is also the time he crossed the at that moment the end, precisely stopped at 10.38 seconds.

Then, at the end of ZHANG Guan look a bit display, shown above his ultimate achievement is the 10.38 seconds.

Two months ago, ZHANG Guan 10.3 seconds hand count results, with electronic timing would probably be 10.54 seconds, and now electronic timing of 10.38 seconds, faster than the 0.16 seconds two months ago, basically improved starting time .

“So much better than this national competition.” ZHANG Guan slight sigh of relief, a sense of tension is more disappeared without a trace.

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“10 seconds 38!” To guide exclamation.

If this results in ten years may not be bright, but at the time, this is a very extraordinary achievement. Last year, only three people ran over within 10.40 seconds, 10.38 seconds ZHANG Guan results if placed last year but can be discharged into the domestic top four.

In domestic athletes selection system and rating system, as the national team coach to guide the athlete-level athletes are well aware of the provinces, but now ZHANG Guan notable exception, and recalled a moment in guiding those good-level athletes, actually did not find similar information.

Looking at his face to guide the satisfaction of Chen Lao, he spoke and said: “Lao Chen, from where you got this good seed.”

Chen Lao extended two fingers, spoke and said: “Two months ago, I dug treasure”

“Two months?” Stared in surprise, guidance, for him, a mere two national level athletes is simply child’s play as usual childish. And then, in guiding thought of Chen Lao he said, “two months” ago.

“Two months ago two athletes to participate in the test? Is he new?” In the guidance immediately grasped the crux of the matter.

“For He is seventeen years old, the second year, a few years began to sprint training, in my hands for regular training only two

months!.” Old Chen nodded, re-export and asked: “can not believe it! ”

“Can not believe it is far more than simply shocked.” Paused for voice guidance, then said: “Lao Chen, this baby back information to me a copy of it! national team needs some new blood. ”

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On the track, ZHANG Guan finish the race at the same time, new tasks also will be completed.

The system prompts pop open again: the task is completed, get your **reward: a skill point.**

Then, the sound system sounded: **“Unfortunately, in addition to learning skills, skill points, you can also upgrade the skills, then you can try to upgrade the skills.”**

System interface appears in the middle of the sprint skill icons, ZHANG Guan Task Tips To sprint skills upgrading. And ZHANG Guan also immediately sprint to upgrade skills.

“Upgrade successful sprint skills upgrading to expert-level skills to enhance the effect: straight running speed has improved, the duration of 20 seconds.”

System, originally green icon skills, now has turned blue, original “straight line running speed have some upgrading” into a “greatly improved”, while continuing to time by the 10 seconds into 20 seconds , an increase of a full double.

“10 seconds into 20 seconds, and that is the effect of sprint can cover the entire process-meter race, the last of a distance, I was able to enjoy the skills to become a plus.” ZHANG Guan secretly thought.

A new Task Tips popping:

Today you have expert-level skills, have shrunk, to embark on the broad road of life has opened the peak, challenge it!

Novice task: to break a national record.

CHAPTER VI

“What? Break a national record!” ZHANG Guan was taken aback this task. ZHANG Guan had the best level of just two national athletes, the national record for ZHANG Guan it is too far away, simply can not climb the peak.

“What is this broken system, this task impossible to complete it! National record how can so easily broken, if I can break the national record still doing here alone. I now run 10 seconds 38, the current national record is By the way, how much is the national record with ”

ZHANG Guan suddenly remembered, the national record at this time seems not fast, in 10.10 seconds to be away.

“Ten seconds to a few significant?” ZHANG Guan carefully recalled a moment, just remember that ran 9 seconds 99 Su Flyer, but always remember the current 100 meter record.

While thinking, ZHANG Guan down the runway, Chen Lao came near.

“Old Chen, I’m qualified for.” ZHANG Guan Chen Lao ran all the way around.

“You just drop a large portion of the second in the preliminary round when not rushing so fierce, to ensure that the cut on the line, do not do our best, after all, there will be a rematch to retain some strength.” Chen Lao speak.

“I know.” ZHANG Guan opening replied.

ZHANG Guan Chen Lao will be pulled near, pointing to the side of the guide opening presentation: “This is to guide the national team track and field coach.”

“To guide Hello!” ZHANG Guan immediately with guidance in greeting. He would have noticed in the guide, after all, a bald head

is too conspicuous, and to guide and dressed in sportswear, ZHANG Guan very natural to think of guidance as a team trainer. I did not think that there is a national team coach.

“Lao Chen is really eye ah, he was again looking for a good seed.” The thought here, to guide ZHANG Guan patted on the shoulder, spoke and said: “Young man, I remember you, the next game a good run, as long as now better than poor performance, after the national team training camp, then I will let you have one chance ! ”

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Watched after the departure guidance, ZHANG Guan was open asked: “? Old Chen, now hundred meters national record how much”

. ” In 1998, Zhou in the National Track and Field Grand Prix creation 10.17 seconds” turned around to look ZHANG Guan Chen Lao, open asked: “Why do you ask”

“.. Nothing I just calculate how much worse” ZHANG Guan heart secretly wondering: “If you want it, and now the national record of 10.17 seconds is Zhou, I’m just 0.21 seconds, as if it is not hard just sprint. skills upgrading, the effect and duration have improved, we might be able to reach this level. ”

Chen Lao chuckled next spoke and said: “Do not be looking at the mountain high mountain, you tell the truth now this result,

For me be reached expectations. So run down, good luck, maybe some of that energy for a medal. As for the national record, after much effort, there is a chance. ”

Speaking of Chen Lao meter record time, it is with some regret that the national record has been maintained for five years and still not break the players. In ZHANG Guan memory, this result maintained a full thirteen years, until the year 2011 National Track and Field Championships was only when the Soviet Union broke the record...

Since 2004, with the rise of the late nineties that a number of outstanding players retired, domestic Hectometer project went

downhill lean phase, from 2004 to 2010, there are not a player in the game ran over 10.20 seconds fewer.

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One hundred meters race course quickly, eighteen sessions than the blink of an eye over, the team's coaches soon have got the cut list and the next packet. Meanwhile, ZHANG Guan name quickly spread.

10.38 seconds on the results if a year has been the year can be regarded as the fourth-fastest time, while this year's general domestic players to play well, this result is currently ranked fifth in the year positions. Out of nowhere a man could run out of this result, naturally attracted the attention of coach's attention.

Domestic athletes training system, the athletes are trained from childhood, County Sports Team Selection good seed from the school, the county teams with good results will be selected municipal team, good results will be municipal team provincial team select the middle and even the selection of sports schools at all levels, etc., outstanding athletes in this system as early as the layers of selection is known to everyone, and to the provincial team at this level, but also between each other know too much, which team which state just a few players, which team reserve forces in which there are outstanding talents, is no secret, even if the game is usually so-called "dark horse", we have also recognized athletes, but usually do not pay attention to it.

But today ZHANG Guan apparently broke this tradition, 10.38 seconds to obtain preliminary results of the first to get his name quickly spread open, this time the team coaches did not realize that he actually knew nothing about these athletes, Ever since the team coaches have to ask around, hoping that ZHANG Guan origin.

When everyone knows ZHANG Guan Chen Lao is hand-picked disciples later, but showed a natural means. Following Chen is dean of track and field, and his hand-picked disciples have such excellent nature is as it should do.

Soon after the semi-finals will be held. Rematch total of five games,

each of the first three into five groups plus the best scores of the fourth into the semifinals, a total of six people, competition remains fierce.

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Chen Wenzhong is Guangxi provincial team coach track and field team sprint, his youth is also the famous sprinter, who broke the national record five times, including 96 years time to 10.20 seconds broke the national record in the 100m sprint. Chen Wenzhong retired last year, will stay in their own home team, became a trainer.

At the moment, Chen Wenzhong holding a promotion list and group list, is carefully studying.

“Preliminaries fastest time is 10 seconds 38? Who is rushing so hard, I do not know that this morning for a two season it? He called ZHANG Guan? Where came out, heard of this man.” Chen Wenzhong frown thinking.

10.38 seconds results in the eyes of coach Chen Wenzhong at this level, you can save the team when some hundred meters a brother, Guangxi and Guangdong provinces strongest sprinter also can act as the absolute main position.

When Chen Wenzhong coach rematch packet is opened, the team was surprised to find ZHANG Guan with their main players Panggui Bin inside a group.

Pang Guibin provincial team in the National Games champion made one of the hero of the 4 x 100 meters, in which players score during training well, but he was in the race the best score is 10.40 seconds ZHANG Guan clearly better than slower.

Coach Chen then looked down, and found the two names on the list of the same group, namely Tianjin Peng local players and players Juan mountain open.

“Peng but can run into 30 players within 10 seconds, and he is the Tianjin local players, this group is certainly to be recommended for

admission into the semi-finals Peng; Tsinghua Professor Lee Hu opened two years ago excavated athletes, although 18 year-old began to practice sprint, but the most recent year results progress amazing, his performance should be. “coach Chen while thinking up and down in 10.40 seconds, while his estimate of the results written on the back of athlete names.

“This is certainly a first group of Wang Peng, the next two promotion places should be our team Panggui Bin and Hu mountain open. But this suddenly came out ZHANG Guan is an unknown factor, if he is really fast, then , Panggui Bin and Hu will certainly be a start to be eliminated. “coach Chen on ZHANG Guan’s name drew a circle, then punched a question mark.

Thinking a few minutes later, the coach Chen Pang Guibin near cried, whispered asked: “One you’ll want to take note of the first preliminary round of ZHANG Guan; he can run 10.38 seconds may be a coincidence, but he really does not rule out the strength, so do not leave when you run power to the semi-finals qualify for the main goal! ”

At the same time, Tianjin team coach and mountain also use the same words in Hu and Wang Peng told the opening. These coaches of previous performances may not be very good, but my mind is a more than a so. This original group of eight into the Third ZHANG Guan suddenly out of such an unknown factor, so the coach in the policy choice is also biased in favor of more robust.

Chen Lao likewise ZHANG Guan cried near, ready to do before the game guide.

Old Chen looked at the hands of the packet list, this want to tell us about the other athletes ZHANG Guan same group which is worth noting, and can be followed by Chen Lao also feel a beginner with no use talking about the technical characteristics, said ZHANG Guan We may not be able to understand, understand the need time to digest understand. So put down altogether Chen Lao packet list, spoke and said: “! For a good run, strive to qualify.”

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Contest organizers at the time of a packet to take into account the strength of factors, five teams in each group of two or three strong athletes strength, so the next quarter-final upset, and what does not appear, strong competitors have successfully advanced to the semifinals .

ZHANG Guan This is the final round of group play, coupled with the strongest local players Wang Peng exist, so it touches a lot more viewers.

ZHANG Guan stand on their own piece of the track at that moment, and instantly attracted most of the attention inside and outside the stadium, whether athletes or coaches want to be able to get to know the athletes ran 10.38 seconds in the preliminary round was the sort of person, even the referee also could not help seeing ZHANG Guan two.

But the vast majority of people watching ZHANG Guan eyes are full of doubt, ZHANG Guan looks is seventeen and eighteen of age, before it is unremarkable, it is impossible to have too strong competitive level of the preliminary round in 10.38 seconds results could be a coincidence, but this rematch will be the end of his current of the match.

ZHANG Guan and his face is a smile on the runway, with a very looking forward and looked at the front end.

“Expert sprint skills, the effect has been greatly improved, I do not know doing all they can to break the national record, but this is just a rematch, as long as the outlet on the line, there should be no need to do everything.” ZHANG Guan secretly thought .

In this case, the starting gun sounds, ZHANG Guan first time to go out, but soon found next leader of the small half a body!

ZHANG Guan start and fell behind

CHAPTER VII

“Some fail start .” ZHANG Guan heart is very depressed, although he is a beginner, but still can feel this is clearly not the best start time.

“Good poor start !” Spectators coaches and athletes invariably think of, even the Old Chen some helpless shook his head.

Experienced athletes know how to maintain their own state and the excitement in the game, so even a morning run two, it is possible to state carried over. ZHANG Guan is clearly a novice to master this skill, after the game, plus a period of rest, ZHANG Guan this is far better than the starting time of the first performance.

“Starting so bad, it almost starting reaction time to 0.4 seconds, and even if he plays the same play, the results will be more than 10 seconds of the 60 seems to fear this ZHANG Guan, this group of qualifying officer has given!” Chen coach slowly loosen tight fist, and next to the coaches who have also relieved.

High-level sprinter war, 0.01 seconds can be judged as a grade, so starting the reaction time becomes particularly important. ZHANG Guan starting reaction time of about 0.4 seconds, while others are less than 0.2 seconds, 0.2 seconds once sent a gap in the men’s 100-meter project, 0.2 seconds slow start almost a death sentence an athlete.

Coach Chen ZHANG Guan did not watch the first match, in accordance with his perception of a normal athlete, ZHANG Guan first start of the reaction time should be less than 0.2 seconds, after all, a qualified professional athlete starting reaction time does not exceed 0.2 seconds.

So he calculated ZHANG Guan final results will be more than 10.6 seconds, but Chen does not know he can not coach with normal cognitive school determine a new, ZHANG Guan first time this new starting reaction time is 0.3 seconds, the second Although the field starting a bad state, but only slower than the first field in less than

0.1 seconds only.

But with the first field is different, ZHANG Guan sprint skills has become an expert.

On the podium, to guide ZHANG Guan is also concern, when he saw ZHANG Guan's start time, but rather laughed. At the same time talking about the self-serving: "really a rookie, but good new, blank, plasticity is also very big ah Hey explosive speed even stronger than just how quickly this is not possible.!??!?"

In guidance at a glance ZHANG Guan faster than the first game a little faster, which makes for guiding feel a little strange.

ZHANG Guan process from the starting point of view, he is obviously not as good as the first game, the excitement of the body is not as high in the first game came in the second state, after starting speed ZHANG Guan certainly not as good as the first fast before reasonable performance. But after ZHANG Guan at the start, Not only did not reduce speed, but even faster than the first, which is to guide opinion, is completely contrary to common sense thing.

"Bad state but will run faster! Who would believe that out? Is this guy did not do everything in the first?" To guide the low road.

Under Field, Old Chen also frowned.

ZHANG Guan Chen Lao also see the status inferior to the first, but then show it faster, obviously it is not common sense.

"Before this kid have some reservations about the race ? Must be the case, the reason that nowhere else." Although Chen Lao think so, but it is more the hearts of joy, Chen Lao expected ZHANG Guan manifested today has far exceeded the potential, as a coach, he has devoted his life to the cause of national sports, and now to this age, became a disciple of Chen Lao probably perform well only pursuit .

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On the track in third place both tried opening glasses Xia Hu rushed forward, until after fifty meters and has second place Panggui Bin

par.

“Glasses, Hu is open!” Panggui Bin Hu found already caught up to open, and then looked at the front in the lead of Wang Peng, feeling even doing all, it is impossible catching on Peng. Moment Panggui Bin made a decision, be sure to keep the second ranking, and he immediately adjust the tempo, took a more aggressive run method.

Hu opened two years ago began to receive formal training sprint race experience and ability to adjust the game Pang Guibin do not like, but if you compare the talent, Hu will have to open a bit more powerful, this time Hu has already found his rhythm, speed She held up, and at the moment he should come from behind, more than Panggui Bin.

“Super gone!” Hu fun in a happy and ready to initiate leading Peng sprint.

It is also the moment when a figure flit from Hu kicking open side.

“Oh, was Panggui Bin go-ahead!” Hu happy in surprise, he found that more than his own shadow higher than Panggui Bin, athletes are not the same color.

“Not Panggui Bin, who could it be? Face looked raw, yes, that is called ZHANG Guan’s!” Hu opened immediately react, but found ZHANG Guan actually have to chase the first of Wang Peng.

Peng played since starting it in the leading position.

This is a state of the game is very good Peng, after fifty meters he has been able to sniff out the first place.

“Today I am in good shape, this certainly ran 10.40 seconds!” Peng heart silently calculating, as an experienced athlete, even if the game is still in progress, he can judge about their own achievements.

Suddenly, Wang Peng found the corner of my eye, behind the famous athlete actually has caught up.

“Speed so fast, who would it be? Did not wear glasses, Hu is not

open, it is certainly Panggui Bin. Panggui Bin improved a lot this year, ah, actually be able to run so fast.” Peng idea flashed in my mind, but then they found each other already and his neck and neck. Then he was surprised to find that this is not actually a relative latecomer Panggui Bin,

“That is the first preliminary round of ZHANG Guan? He can catch up with me, do 10.38 seconds of the preliminary round was not an accident.” Peng immediately conscious of this, at the same time he noted that even at their own pace to keep up with ZHANG Guan , the two go hand in hand only to maintain a moment, ZHANG Guan Peng completes the transcendence. It is also ZHANG Guan overtake the moment, Peng clearly know that he is impossible to complete the go-ahead, the other fast speed, enough to let Peng feel despair.

All racing project completion is always the most exciting than most exciting moment. ZHANG Guan because the relationship between the starting reaction time, one up on the last one falls, the results in just ten seconds to complete the transcendence of seven rivals, took the lead position, this reversal style game, also most can arouse passions surrounding the audience. Especially ZHANG Guan Peng beyond moment came a few choke off even excited cry, and repeatedly exclaimed.

On the track, it has been less than fifteen meters from the finish, under the current circumstances, ZHANG Guan feel semifinals have no problem, taking into account the skills can sprint for 20 seconds, ZHANG Guan will take the initiative to slow down its speed.

The last ten meters sprint Peng efforts a bit, but still only second place, and ultimately slow down the ZHANG Guan took the lead crossed the finish line, the time display of his final grade is 10.35 seconds, a time faster than the preliminary round 0.03 seconds, but also a rematch first.

ZHANG Guan down the track, go in the direction toward the athletes channel. So he did not expect that, half-way encounter some did not know the coaches or athletes, will take the initiative and greeted him, some people even take the initiative to come up with ZHANG Guan conversation two.

“This is Sports ah! Can be really cruel.” ZHANG Guan mind silently exclaimed. In the game, the strength is the sole criterion to get peer recognition, even if your appearance is not outstanding, even if your body is not tall, talkative even if you did, as long as the achievements, they will be recognized by everyone, when you get good enough grades, you get everyone’s looking up!

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Old Chen came forward, pretending angrily said: “! You know kid has a hidden strength obviously run so fast, training can all conceal it, even I do not know.”

ZHANG Guan slightly embarrassed smile, This is not his hidden strength, it is after the end of the game just upgrade skills.

“Honest account, you can run fast in the end?” Old Chen then asked.

“This” ZHANG Guan hesitated, then said: “.. I guess I really have not tried if the state is good, so hard I might be able to forward 10.30 seconds it.”

“So soon? Sure it?” Asked Chen Lao opening.

“! Sure” ZHANG Guan nodded seriously, then leaned to Chen Lao side, whispered: “I have the game, and finally put a little put”

Old Chen nodded his head: “This is right, there may be a semi-final in the afternoon, two count this morning, which can be considered three times a day game, and this game is a great strength, it should be retained some strength. Fortunately, the afternoon’s game will be a little later, can have some time for you to recuperate. after the afternoon game finished until tomorrow afternoon will be the final hundred meters, there is plenty of time to rest. and PM is selected from the total score the top eight finals, to compete with the much smaller group of players, you simply have to run their own on the line. “

CHAPTER VIII

100 m project has ended in the morning, held later in the afternoon than the men's 100 meters semi-finals. Only two semi-finals, and then in accordance with the overall standings, the top eight will enter the finals the next morning.

Game to the point where the level of the weaker players no longer exist, and can come to this step are strong opponents, if the dark horse, it was only one person ZHANG Guan.

15 other athletes in order to calculate the strength of the case, it was only Chen Jian Shen violence and to ensure that the two finals, which both have run into the strength of 10.3 seconds or less, the other players will look at their own performance and spot play a.

Event organizers will Chen Jian Shen violence and the two strongest players in the different sub-groups, ZHANG Guan Shen yang coincided with a group, as well as the Ninth National Games men's 100 meters champion Han Zhao Yin, Guangxi Province, one hundred meters in the same group records maintained GONG, the first person to one hundred meters northeast of Liu Peking special enrollment can be gold, and in the semi-finals contest over glasses Xia Hu opened.

From the strength, the storm is undoubtedly the strongest Shen, other Chinese Yin Zhao, Gong Wei, Liu Dapeng three are seasoned veteran, a chance to burst into the finals, as the young Kim and Hu can be opened, may burst into the finals sex is relatively slim.

Since the semi-final total score is selected to compete in the top eight, so eight athletes on the starting line and did not show too much gunpowder, but very harmonious.

When athletes stood on the starting blocks, the referee raised the starting gun.

Gunfire sounded, everyone rushed out immediately, with the exception of ZHANG Guan start slow by half a beat, the moment to

start behind the last one.

“Stall or always bad. This is almost 0.4 second start reaction time! It seemed that this kid is starting really sucks, is not loaded!” To guide silently think stands.

On the track, ZHANG Guan also feel very helpless, he is still relatively general state of the afternoon, although slightly better than the second morning, but compared to the first morning starting reaction time of 0.3 seconds or less, or some difference.

But then, he entered the sprint ZHANG Guan conventional rhythm, sprint skills an effect, super explosive, rapid increase in speed to the limit, and then start over other players.

Glasses Xia Hu opened at the starting time can keep pace with gold, the two men is a special enrollment Tsinghua, Peking University is a special enrollment, both as a domestic two highest institution of the students, with those born between Tsinghua University Beijing kinds of sense of competition, now in the game is to each other, doing all competing with each other. And Hu opened state clearly better, after a brief rally, Hu has been leading the gold can be opened as a half.

This is the moment when a figure from Hu kicking open passing around, he is ZHANG Guan.

“I was super,familiar feeling, this scene seems to have experienced the morning, how is ZHANG Guan! ”

The same scene happened in a rematch of the morning, when the leading Panggui Bin Hu Kaigang just half a body, it was beyond ZHANG Guan, but Hu has never occurred in the afternoon semifinals, this scene are again again. On the same day in the same arena is the same person in the same way than twice, Hu opened suddenly feel very depressed, and yet there is no way, Hu opened their own pace simply could not catch ZHANG Guan.

Next, ZHANG Guan overtook northeast Flyers Liu Dapeng, he did not even give the opportunity to Liu Dapeng stalemate, the super in the past, and then they catch up with the Guangxi provincial

records maintained GONG.

“Yes ZHANG Guan, he is really good fast!” GONG hearts of meditation, at noon when he once heard spoken teammate Panggui Bin, ZHANG Guan was just the moment was over, that is not one speed grade on the make Pang Guibin simply give up directly to catch up, and now Gong Wei also deeply understand this.

From the leading position is at found in second place Yoon Han Zhao Shen storm has been for some the gap distance, but Yin Hon-chiu always think they have a chance to catch up, because he knew that the second half of the race, the heavy storm that they will slow down.

Shen storm greatest strength is the indoor 60 meters, he got the indoor 60-meter runner-up in March in Vienna at the International Indoor Athletics Championships, so heavy storms indoor 60 meters is the world's top level. Shen starting reaction is characterized by violent, explosive strength, flashpoint early, it is possible to achieve outstanding results in the indoor 60 meters project, but in the one hundred meters competition, Shen violence is not always possible to the extent that 60 meters of explosive game, It was such that he is always on the run, but one hundred meters project Chen Jian.

Han Zhao Yin facts as expected, after 50 meters, this is a lot of speed to the extreme athlete, when and as rapidly sink before the storm did not like.

“Opportunities come! Sink might be able to catch up before the end of the storm! Etc., someone behind to catch up!” Yin Hon Chiu now has noticed the approaching ZHANG Guan.

70 meters after leading violent Shen also found, behind the two are close.

80 meters after the completion of ZHANG Guan Yin Hon Chiu beyond.

Shen violent side head slightly, just to see beyond ZHANG Guan Yin Hon-chiu that scene.

“To be the new ZHANG Guan! He should be a lot of slow start, how will this catch up!” Shen violent mind flashed a rematch in the morning, ZHANG Guan from last to first place over that scene. Then he looked ahead and saw the end in sight.

“Soon end, and hold on! How can I lose to a rookie!” Shen violence critical teeth, doing all they could.

After 90 meters, ZHANG Guan Shen and violence go hand in hand already, at this time or whether ZHANG Guan Shen violence, have no reason to give up, this is not as cut and fighting, but as an athlete Rongyuzhizhan.

Shen storm at the moment, every forward one meter, are doing all that he does not want to lose, but he found despair, every forward one meter should own little behind. He watched helplessly from his side over, breaking through the finish line, and he's doing all back, but it seemed so helpless.

Shen storm crossed the line to slow down until stopped, then look to the scoreboard, find their own achievements. 10.31 seconds in the final score and any opinion is a very satisfactory result, the results can be ranked in the last year in second place.

Then he looked at first, it is ZHANG Guan results.

“10 seconds 28!” Shen violence gasped, he can not think of the sudden appearance of the young man actually ran 10.3 seconds mark. This result is enough to make ZHANG Guan promotion to the ranks of the nation's top players in.

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10.28 seconds, is already on this year's domestic one hundred meters the best results of the project.

On the podium, to guide suddenly realized what then excited clenched his fists.

“This ticket can be hands down. Waited all year, finally we have the athletes to go to this result”

Then in the domestic long-distance guidance toward the first person Chen Jian looked, murmured: “You have the force of it, but otherwise would be beyond this younger, maybe go to the Olympic Games next year does not become ! ”

At the same time, Chen Lao and other teammates were all spectators ran up, and even the other teams coach has come to congratulate a beaming look.

“How the? Are over? How big fuss?” But rather ZHANG Guan was taken aback this battle.

Chen Lao lead Chezhu ZHANG Guan, spoke and said: “!. ZHANG Guan Well done, this can be considered a win tickets to our country.”

“Tickets? What ticket?” ZHANG Guan strange question.

“! Of course, the Olympic Games tickets,” Old Chen then said: “You ran 10.28 seconds , reached the Olympic B standard!”

ZHANG Guan immediately come to understand.

Olympic Games as the world’s highest level of sports competition, in order to put an end to a lower level of athletes and thus affect the overall level of competition, the Olympic Organizing Committee set up a standard line. Standard Line track and field events in the past two years and above the level of the National Olympic Committee official race results as a basis for evaluation with Olympic A standard and the Olympic B standard.

According to the provisions of BOCOG, athletics single project, each project on each NOC can send a maximum of three athletes reach the Olympic A subject matter; if it reaches less than three athletes Olympic A subject, in accordance with the actual standard of athletes entered the competition; if no one reached the Olympic a standard but some reach the Olympic B standard, it can only send a B-standard contestants; even if you are lower than the Olympic B standard, then it is not allowed to participate in the project for the Olympics.

Under this rule, if a country only one player reached the A standard is clearly the case of most disadvantage, since the number of entrants and the only national standard B standard is the same, just one person participating. You can also say that there is only one A mark in the number of entrants, then equivalent to the B standard.

Also did not meet the athletes want to enroll in the competition field events, the IAAF will be determined according to the level of performance of athletes and the number of compliance-related projects. Registration athletes must meet certain international standards and proved their strength by participating in international competitions recognized by the IAAF. It means “back door” entry.

2004 Athens Olympic Games, the Olympic Games men’s 100 meters track and field project, the Olympic A standard is 10.21 seconds, while the Olympic B standard subject line is 10.28 seconds. 10.28 seconds, also the athletes participating in the Olympics minimum standards. Until the capital of the 2008 Olympic Games are still the reference standard, to the 2012 London Olympics, the standard has increased to A and B standard mark 10.18 seconds 10.24 seconds.

Track and Field Men’s short-track project has always been the national team’s weaknesses, Olympic athletes are basically relying on the Olympic B standard subject line of the race. Athens Olympic track and field achievements next year personal project approval time from 2002 to July 1 until July 2004 registration deadline (except marathon, race walking, the Almighty project), as long as this period of time or more national Olympic-level competition achievements are arithmetic, while domestic players in 2002 after July 1, ran the best performance is 10.32 seconds, which means that the current domestic nobody 10.28 seconds to reach the Olympic B standard.

Of course, the national team disdain “back door” entry, but more than a year but not one player reached the Olympic B standard, which is a loss of face thing, of course, the level of domestic players certainly will not be satisfied with standard B standard level. But today ZHANG Guan 10.28 seconds results, regarded as a national security at the end to buy a ticket.

From that moment on, ZHANG Guan's real name into the domestic athletics circles.

CHAPTER IX

The next morning took the lead in the final term and long-distance trails project, men's 100 meters final is scheduled in the afternoon.

In addition to this tournament, and no other horse ZHANG Guan appear above the finals are also some of the old faces. At this stage, the country remained in the game are 100m project's top athletes, but also a contest between the highest level.

ZHANG Guan sudden rise of the dark horse this horse naturally became the focus of concern, the presence of almost everyone knows, this young man speed, but when they start is extremely bad. More informed person has a message asking, ZHANG Guan Chen Lao excavated in the state two athletes testing athletes, only two months of formal training.

We all know ZHANG Guan is a new track and field, but no one took him as a weak, ZHANG Guan yesterday, but to win the right to participate in the Olympic Games, although the country's top athletes play better, then surely faster than the Olympic B standard subject line, but this Sports things, too many factors spot, and if the event next year and no one can reach the Olympic B standard, and that the next Olympic Games ZHANG Guan had become the only player in the one hundred meters project.

Sprint domestic level is not high enough to compete for a place at the international level, they are able to participate in the Olympic Games, China is undoubtedly the greatest sprinter dreams.

On the track, the athletes are ready. Shen Chen conspire storm near, he spoke and said: "The new ZHANG Guan speed can be fast enough, and I think if he was starting reaction faster, then certainly faster than you can."

Chen smiled: "I listen to our old team Yin (Yin Hon Chiu) spoken yesterday, I also saw you race that guy is running fast enough, over a year I'll be over, but now. Well, also badly heat! "

Chen Jian is the current domestic first person, and this year is the best year of his status in the training run shot count scores within 10 seconds for him is a common practice, usually the official race results are also in about 10.3 seconds. Chen Jian and the current level and status calculation, his true race results should be between 10.20 to 10.25 seconds. So I ran over the face of the semi-finals of 10.28 seconds when ZHANG Guan, Chen still has the confidence to win.

And yesterday, when ZHANG Guan reached the Olympic B standard, it is deeply stimulated Chen Jian, Chen's goal has been to participate in next year's Athens Olympics, so the past six months Chen has been trying to adjust their status, ready to make the Olympic standard score, no one thought to be one step ahead ZHANG Guan, Chen Jian, so today is Biezulejin want ZHANG Guan with a high.

At the same time, the head full ZHANG Guan actually is done to break the national record of tasks to do.

Now the finals, If this ZHANG Guan is unable to break the national record, then the next participate in the race do not know until when, in order that the system task "to break the national record," ZHANG Guan also decided that a fight one.

"The key is to start, just start again fast 0.12 seconds, will be able to break the national record." ZHANG Guan now calculating, while constantly remind yourself to concentrate.

The final eight athletes feet are standing on the starting blocks, ready for the start, the starter also ready to start a call instruction, lift the starting gun.

"Pop!" Starting gun sounded crisp sound, while the athletes have been out of the starting line.

ZHANG Guan state today is much better than yesterday, he could feel his reaction time must start within 0.3 seconds, which is considered a good start he was able to make a response.

But unfortunately, he is still the slowest start, presumably starting

the reaction time is 0.15 seconds or less other athletes, ZHANG Guan obvious to lag behind a lot, more than 0.1 seconds gap, even the naked eye can clearly distinguish.

“Starting reaction faster than yesterday some Progress than yesterday.” Guiding brow stretch in the stands.

ZHANG Guan reaction time at the starting performance is poor, it is also everyone's surprise, the presence of all the athletes and coaches are aware, ZHANG Guan really terrible is his speed, kind of rushed the first from the last one a wonderful performance, but also allow all spectators exciting pulse raced.

As everyone expected, after starting ZHANG Guan, a transcendence play staged again, falls on the last face several players did not fight back in the face of ZHANG Guan force beyond the surpassed one of the speed not in the same grade , they could only watch as they have been ZHANG Guan beyond, but could do nothing.

Front, is in the leading position both Chen and Shen violence, they almost go hand in hand, at least visually difficult circumstances who separated the front who in the post.

However, Shen storm hearts at this time but have admiration for Chen. Shen fifty meters before the storm is a world-class, he thinks one hundred meters before the second half of the project, no one will be faster than their own. According to past experience to see the game with Chen Jian, Shen storms always leading the first half, the second half was only after Chen Jian catch up.

But this time, Chen Jian half the speed of the previous comparable even with heavy storms. This also explains the second half, Shen Chen will surpass violence

“Well you Chen Jian, this time has been hidden strength! So go back and have my training overweight, or else even the second place can not hold!” Shen violent thought.

Halfway between Chen and Shen storm has clearly opened the distance, it is precisely this point, ZHANG Guan Shen has been approaching storm.

“There ZHANG Guan forget how this rising star, a second opinion has been taken down.” Shen storm slightly feel some regret, then he found ZHANG Guan has to catch himself.

“I remember ZHANG Guan yesterday, not so fast to catch up with me, this kid is really a kind of day, unlimited potential ah! Generation, those of us who may have to slowly withdraw from the stage.” Watched the storm Shen ZHANG Guan beyond their own heart, but suddenly there is a sense of sorrow and grief.

ZHANG Guan starting today in reaction time above 0.1 seconds faster than yesterday, hundred meters project, 0.1 seconds is undoubtedly a huge gap, especially in the second half of the race, which reflects the more obvious of 0.1 seconds, if is at the starting stage, 0.1 seconds even athletes starting reaction time is not enough, but if at the finish line 0.1 seconds behind even with the naked eye can clearly see the distance to travel several body position.

At this moment, it is this time of 0.1 seconds, Chen gave tremendous pressure.

Chen Jian ZHANG Guan had seen yesterday, when the semi-finals of ZHANG Guan's fast start and slow characteristics have a full understanding, Chen also developed a plan for the final. And with his original plan, ZHANG Guan speed should be in front of his own approaching end, but this time has come to an end, Chen will be more than 0.1 seconds advantage punch line.

Unfortunately, the plan changes, ZHANG Guan starting time 0.1 seconds faster than yesterday, so earlier to catch up with Chen Jian.

“So soon and plans to deviate from it to catch up!!” Chen found between ZHANG Guan vaguely to keep pace with their hearts surprised, look at the front end is almost here, he must be fully aware of a fight.

Chen Jian is the national champion, he is the current domestic first person, though he only joined the national team last year, but this year almost swept all the events, twenty-three, he had just entered into a Sprinters golden age, now is his strongest moment! It is also

because of this, he does not want to lose. This is not just because it is a ticket to the Olympics, but the glory of war athlete!

I saw Chen shoved leaning forward, hoping to be the first to head over the line, but ZHANG Guan was a little better than he first made this action.

ZHANG Guan has been leading since he is closer to the end.

I just felt the referee at the end of the immediate shadow flash, we see both crossed the finish line.

“Who won?” Courtside spectators who have look scoreboard, their points race around various locations, from far from the finish, nearly, and also with the athletes in the same horizontal plane, the observation was not actually very accurate, What’s more telling is the movement of objects, the human eye will be more directly observed there was a substantial error, a time is difficult to identify who is simply faster.

Only in guiding straining clutched fists clenched, excitement, said: “! ZHANG Guan is a win.”

In guidance at the podium, just one hundred meters track and parallel, audience is the best viewing position, so he can clearly be seen to be slightly ahead of some ZHANG Guan.

“Long time no see such a wonderful game!” Pleased to guide looked at the runners.

Chen Jian play his proper level, the current domestic one hundred meters worthy of the title of the first person, in the guide can see, Chen’s physical condition is very good, continue to be maintained will definitely create better results .

Also helping to guide happy is ZHANG Guan, only 17-year-old rookie actually run faster than Chen, now in guiding been able to confirm, ZHANG Guan hope for the future is to become the national team track and field.

Close your eyes to guide carefully recalled the situation when just crossed the line, and then made a judgment: “! They probably worse

.05 seconds of it.”

Finally, showing all athletes race results on the electronic scoreboard.

“Chen Jian ran 10.22 seconds !” Someone exclaimed immediately.

This is the normal state of Chen, he would have run into the level of 10.20 seconds. According to the course of history, the second half of 2003 is the best time to Chen strongest state, he will soon in the National Track and Field Championships to create a personal best score in history 10.17 seconds, tying the 1998 creation of the National Zhou record, and then until 2010, the country will no longer be able to run into players within 10.20 seconds.

Almost simultaneously, another scream rang:

“Look, 10.16 seconds! New national record!”

CHAPTER X

National record is 10.17 seconds, the record has been sealed for five years, if not ZHANG Guan appears, may want to keep this national record will be broken in years, but now, ZHANG Guan 10.16 seconds broke the record.

At this moment, compete against athletes who have stepped forward to congratulate ZHANG Guan, this time a heartfelt congratulations, respect for the strong, but also to encourage ZHANG Guan broke the national record.

Only a 17-year-old, only two months of formal training, should start belated pink newcomers, even beat the nation's top athletes, breaking the national record, which is like a fairy tale in general, something that happened in the crowd eyes. At this moment, the presence of all know that this is not tender care will become the future of young people in front of the men's 100 meters of the project, a star about to rise slowly.

But spectators on the podium in a number of longer-term guiding vision has to, he saw not just ZHANG Guan broke the national record so simple, but the entire domestic Pattern 100m project will usher in new changes.

ZHANG Guan not just break the national record 10.16 seconds in the 100m project, the more important is that this figure is within 10.21 seconds, 10.21 seconds and is the subject of men's 100 meters for Olympic A standard line.

And just Chen ran 10.22 seconds despite reaching the Olympic B standard, but just stuck in 10.21 seconds Olympic A subject of edges. Olympic A standard and one Olympic B standard, all of a sudden make national embarrassment of being caught.

I guide able to predict the near future, as well as total body National Athletics will fall to tear open a debate with them.

Thought of this, even self-serving to guide laughed, muttered:. "This

time can be considered to Athletics those guys looking for something to do.”

.....

The referee in the final results confirm a single word on the sign, at the same time, the system prompts ZHANG Guan mind again.

“The task is completed, breaking the national record, get 1 bonus skill points.”

Then, also a prompt box appears: **“You can get skill points by certain tasks, can also be obtained by skill points to break the record, honors manner according to the difficulty of different records, honor, you can get different skills. point.”**

“For example, breaking the national record can get 1 bonus skill points, breaking the record achieved in the continent 2 bonus skill points, broke the world record can get 4 bonus skill points, superimposed on each other in accordance with the highest standards of reward, according to different levels of high-level standard record award not repeated statistic. ”

See here, ZHANG Guan nodded silently, according to the system mean if break the world record, naturally, it is tantamount to breaking the national record and the Asian Records,

But the system only to be rewarded according to world record 4 skill points, but will not give a single record or national record continent reward. Adults also broke the record and certainly the junior record was broken, which count only adult records

“Skill points are used to upgrade skills and learning skills, skills are divided into active skills and passive skills, active skills required in order to use activation, you need to activate the passive skills Some skills can not be upgraded, such as this one:

I saw a gray icon appears in the middle of the system, called the name of skills: quick response.

“Rapid response: to improve their own body of all stimulus-response rate shows that the effect of skill training intensity, age, status, and other factors.” ZHANG Guan looked at the skills of description and requirements of the system is to learn this skill.

“Learning this is not to increase the starting reaction time?” Think of it, it really hesitant ZHANG Guan point learning a skill point to spend just to get to the “rapid response” skills.

And before the **“sprint”** different skills, upon graduation **“quick response”** skill icon is white, and has a **“non-upgradeable”** special labeling.

ZHANG Guan heart secretly wondering, look for opportunities to try starting the reaction time is not changed soon after to go back immediately, but this time, the system again have a new dialog box pops up.

“You have the strongest domestic, domestic arena does not satisfy you, it is time to walk into the world .” After the dialog system within the flash, there is a new Task Tips: **“novice task: to participate in an international tournament, and foreign players compete on the same stage. ”**

Watching this new task, ZHANG Guan heart suddenly feel very unhappy, international events but many track and field events, but the domestic level track and field sprint in particular the level is not enough, in many international events simply do not qualify, this task do not know How long will take to complete.

ZHANG Guan But then I thought, this time to participate in their own precisely Asian Athletics Championships trials, took the first game, we should be able to go to the competition. Asian Athletics Championships, from time to international competitions!

The thought here, ZHANG Guan mood and relaxed.

After accepting a new task, the system has flashed a prompt: **“skill bar to unlock.”**

A skill hint system logo appears, immediately ZHANG Guan point

into, but found it neatly arrayed a variety of skill icons on the left is active skills, passive skills, right is right and left have a skill icon is lit. , namely “sprint” and “rapid response”, other skills are all gray.

“So many skills, have a quick look at what.” ZHANG Guan immediately follow the “sprint” skills looked down.

“Turn sprint, to enhance the speed within the curve of learning requirements: Master sprint”

ZHANG Guan immediately picked up another skill seen:

“Lateral sprint jump, sprint jump after lifting the lateral distance learning requirements: Master sprint, jump master.”

“Stride, stride action to improve the ability of skills.”

“Hop: jump on one foot to improve the operation of the abilities, skills.”

“Dribble: dribble moves to improve the abilities, skills.”

. “Rapid change to improve the high-speed movement sudden change of direction ability, skill learning requirements: Master sprint, passive skills: physical, passive skills: physical coordination, passive skills: Strong knee”

“Kick: kick improve the abilities, skills, learning requirements: master shot”

“The water to improve the water efficiency of arms learning requirements: master swimming skills.”

“.....”

ZHANG Guan generally looked at these skills, covering almost all sports programs, athletics, football, basketball, swimming, gymnastics, boxing, shooting, etc. should be much, ZHANG Guan even saw motorsport **“driving at high speed tips** “and the e-sports” improving APM hand speed. ”

And the more complex the movement, the more relevant skills, such

as various special track and field events only learn one or two skills, like Hectometer a “sprint” skills can be, but they need to basketball-related needs of dozens skill.

ZHANG Guan heavy sigh: “It’s a hodgepodge of so many sports, so much skill, fear is a lifetime to learn i will not finish it!”

ZHANG Guan and then look to the right of the skill bar, there are passive skills can be used without activation.

“Physical, increase physical strength Description: Growth Skills”

“Fitness, increasing the degree of physical stamina Description: growth of skills.”

. “Body flexibility, increase physical flexibility Description: Practical effect over time, sports training intensity, age, height, weight and other factors.

“.....”

Passive skills than the number of active skills a lot less, but the main effect is to improve the quality of the body, most of the skill effect will have a float factors.

“It looks good complex, but from a technical point of view is described, and some passive skills Active skills are complementary, they want to learn such skills initiative ‘quick change of direction’, you must learn passive skills ‘strong knee’ quick change of direction on the knee the burden is large, so we must rely on strong knee strong skills to increase the extent of the knee. “ZHANG Guan has been found at this time, the system a lot of skills are complementary, with the role of mutual aid.

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After the prize-giving ceremony is very simple, The trials are not even a medal, just give a certificate even if the champion avoided.

Champions Cup to the certificate ZHANG Guan hands, the system prompt appears at this time:

“I won the national championship honors, awards 1 skill point.”

ZHANG Guan immediately come to understand, and this is before the system mentioned by Honor can get skill points reward way.

But ZHANG Guan did not immediately spent on this valuable skill points, he felt that the system still need a good study of it, so do not rush to use this skill point.

ZHANG Guan broke the national record in the future National Association will field a single grant of a certificate, as well as a bonus. ZHANG Guan bonuses do not count on it, the official prize has always been pitiful, far better than some of the advertising sponsors so generous.

As for the presence of the media reporters on this new national record and no one hundred meters depth reports, simply introduce a few words for a moment. One reason is that the game is not the size of the media unattractive; and secondly because is weak 100m project for many years in the international community not had any results, 10.16 seconds to score on Asia also came in a good few away performance, and naturally the lack of focus.

But for ZHANG Guan’s state track and field team, one hundred meters to break the national record, but a very good news. Advocates early Provincial Athletics have written a very long press release sent to major newspapers, the newspaper went to press, ZHANG Guan also stay on the return trip on the train.

CHAPTER XI

On the train back to the provincial capital, ZHANG Guan sat beside Chen Lao and asked: "Old Chen, this time I took the title, i am not able to participate in the Asian Athletics Championships?"

Chen Lao thought, then shook his head in denial: "Not necessarily, is unclear."

"Why? This is not the Asian Athletics Championships trials do, as usual, that I took the title, naturally i deserve to qualify to the Asian Athletics Championships." ZHANG Guan somewhat impatient. The system also requires prompt task to participate in an international competition, if he no go to the Asian Athletics Championships, this task does not know how many year will take to complete.

Chen Lao heavy sigh, spoke and said: ".. Can not you think of things as simple as this competition While the Asian Athletics Championships trials named, but does not represent the first trials will be able to represent their country."

ZHANG Guan looked confused at Chen Lao, apparently did not understand the meaning of Chen Lao, but Chen Lao added: "Although you are the trials champion, but actually send you to play center is not large Asian Athletics Championships so the situation is more complicated, as you can be so right conditions. not to mention a mere Asian Athletics Championships, the Olympic Games is the selection of the Olympic a standard standard players may not be able to win over the Olympic B standard athletes. if i tell you now you may not be able to understand, to see much more in the future, and will naturally understand. first under the heart, not because of breaking the national record to be proud, back then the sense of training. you only seventeen years old, as long as you do a good training, not worry wou will be a champion. "

Old Chen said that although very vague, ZHANG Guan then suddenly a little pondering.

Domestic athlete selection system, means that the interests of the parties in which the wrong complex selection of athletes to participate in international competition from not only consider internal factions, but also consider local interests. In some ways in terms of the interests of the local team's aspirations for a more clear and cultivate local team painstakingly out of an athlete, a natural athlete need to give them the benefit, for the benefit of, can stop elite athletes go to a higher level road stadium, the athletes will be able to find some excuse to ban frozen, even forcing athletes to retire early.

Local team long years of excavation and train outstanding athletes, and then delivered to the national team, so the team must also give the place something in return, this is not the interests of the exchange, more like a mutual basis, to the development of sport and must be present backing.

This compensation is not just an economic return, also contains the same honor.

For some weak projects, qualify for the Olympics, he is an honorary member! By means of a distribution of honors.

Later, as a person, even if this kind of thing will not say too bright Bai Zhangguan know, A standard B standard athletes contestants instead of things in subsequent Olympic Games have occurred. London Olympic Games women's weightlifting 54 kg class project, then the national weightlifting team did not send the results of the first A mark contestants, instead sending B standard contestants, and later at the Olympics this project did not even get a medal.

Unlike weightlifting table tennis, as can easily send someone to gold, but it is undeniable strengths weightlifting national team, women's 54 kg level, Chinese athletes have won Olympic gold medals, breaking the world record, that is, strength than in the past, but also the strength of the medal. But athletes in the selection process, was able to resist the temptation of Olympic medals, and unswervingly to the sectarian interests and local interests bow singles out a strong background level difference between the players to participate in the Olympic Games, which fully reflects the Match II sportsmanship. The challenge facing the media after the

game.

Compared to women held project, track and field men's 100 meters sprint is no doubt perennial "light a phase", the Olympic qualification is more suitable as honor given to a local team, as part of its support over the years national sports return .

Thought here, ZHANG Guan unwilling clutched fists, or if he has a big Yao Liu Fei, who is so well known and will not deprive yourself to qualify of the fear center, even participating center will seek their own, not even a Olympic qualifications are likely to retain his job!

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A national record of 100m project to the provincial track and field team brings leadership condolences special commendation, the media sought after, the most affordable but also will be included in a provincial ZHANG Guan talents plan, each year you can enjoy the benefits.

And ZHANG Guan itself, in addition to significantly improve the position in the team, it is still an ordinary person, not to mention walking the streets, even if it is out of the track and field team's training ground and no one recognized him. In the era of the network has not completely broke, a national record is far from enough to make players the star became a household name, let alone such a weak or long men 's 100m dash, far from the same pole that football has long been weak species frequent topic of media attention and infinite degree.

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Tianguanz hongxin conference room.

When the final is being played on the big screen beyond ZHANG Guan Chen Jian scene, and finally zoom in, fixed on the scoreboard, above 10.16 seconds to score to a big close-up.

To guide hit the pause button on the remote control, spoke and said:. "This is the last of the race you have seen, ZHANG Guan's

starting reaction time, although very slow, but his explosiveness is very good, speed is very fast for a 17 old years to achieve this level of speed and power, even in the US black athletes is also very rare.
”

Finished in guiding, eyeing the middle sat a flat head shaved, middle-aged man. The flat head man named Ma, is the national track and field team head coach, but also the assistant director of the center, and later was promoted to deputy director is a certainty, is the presence of all participants in the highest administrative level a person.

Ma Zhuren pointed to the screen and saw, spoke and said: “This ZHANG Guan’s case, I have already sent in writing before the meeting everyone, and I think we also have to understand him this time next year as the Asian Athletics Championships in Athens. a practice game before the Olympics, General Administration of Sport is still relatively important, according to the plan before we Athletics, contestants man Sprinters project personnel have been identified, the original nature is not among the candidates.

ZHANG Guan broke the national record of the incident is also a we, in the end is already laid down in accordance with the original list of contestants is replaced ZHANG Guan competition, which is why I convened this issue in the meeting today”

Ma Zhuren Then, look across to a more senior old comrades, spoke and said:. “How old you first talk about”

Old He nodded, spoke and said: “I was born to engage in the pole vault, sprint to be some understanding of the project, since Ma Zhuren let me say, I would say start a discussion about this ZHANG Guan is a good seedling ah, explosive. and speed are the best, as long as the normal training can guarantee the future will be National Cheng Kung University this year children only seventeen years old, is still relatively young, in terms of talent echelon training, should give these young people some of the potential opportunities; but I think he just made formal aspects of training, skills and experience of two months than older athletes there is a gap, if too Destructive Enthusiasm is not good. ”

He finished the old sit back, glared at him for guidance, the heart that this sophisticate, said a long time did not say equal, all nonsense.

Ma Zhuren also do not expect to know what the old could say what his intention is just to find someone to pick up the head, so that other people can speak their minds. How old this older man, what means usually do not mind, naturally it was a suitable candidate.

Sure enough, not so named Ma Zhuren again, people would take the initiative to open, said: “! I am against ZHANG Guan participate in this session of the Asian Athletics Championships.”

CHAPTER XII

“I oppose that Zhang Guang participate in this section of the Asian Athletic Championships” A middle-aged man said, this was a fat man with glasses.

The name of this man was Tang, he was not an athlete but a coach who worked in statistics was recognized as the head of the administrative section, in fact it was a good worker from the point of view of professional management. perhaps because of its good work with the analysis of data was a typical theoretical.

Just listen to the middle-aged man spoke and said: This Zhang Guang, he has explosive power and is very fast but in my opinion, he can not run long distances, it is not appropriate to participate in the Asian Games.

“This is the Athletic Asian championship, in addition to participate in the 100 m sprint but also participate in the relay race 4 x 100 m, and seen all relevant information Zhang Guang, he has only 2 months of training, plus does not reach the standard and not trained relay race, I do not think it is appropriate thathe participate in the Asian games ”

“In the project of 100 m, the stronger Japanese they have world-class athletes, Nobuharu Asahara and Shingo Suetsugu both run in 10.10 s, which is much faster than our players, in addition to Jiang Shinji that have the same level our players, more Pudu and Murabark Saudi arabia, our players get a medal is practically impossible, besides Japan in general is much better than Saudi Arabia, also a little stronger than Kazakhstan, I think we can win a bronze medal maybe silver but only if we dare in the relay 4 x 100 m ”

Tang Zhuren although it is an amateur athlete from the point of view of data analysis, the temptation for a medal sounds convincing.

“Less than” obviously do not agree with this statement and

declared: select to Zhang Guang, lay it on the line with young athletes, let him gain experience in competitions, I saw the videos its potential is incredible reaction time is 0.30 s if he is able to remove 0.15 s of his time, together with daily training to improve I think he will be able to run in less than 10 s, he will be a world-class athlete, I think it is worth the price, its presentation already reached the level of A standard a for the Olympics, for the Olympics next year I think we should send Zhang Guang for the experience.

That makes sense, the potential of Zhang Guang is realmentegrande, Tang Zhuren affirmed for the first time but then said, "But the growth of a young athlete takes time, and your reaction time is a problem, I fear that only with months of training The it can not reach a higher level, not go so far Liu Fei in the draft 110m hurdles, in 1999 he joined the national team with only 16 years, we focus on training in 2001 when he obtained success and in 2002 Asiad when I broke the asian record, to qualify for the world athletics Championships this year, we spend 4 years of effort to make it a world-class athlete. this Zhang Guang i am afraid it will take 2 or 3 years to make him a world-class athlete..

Tang Zhuren paused deliberately turned toward Ma Zhureb and said "as for the Athens Olympics next year, it is too early to discuss submit to this competition, but achieving Zhang guang to achieve the standard to the Olympics did not help us , we are only going to send one athlete, Chen Jian still not achieved the standard B of the Olympics, I think it's safer for this competition send someone with more experience, Zhang Guang is still too young to participate, a great career does not mean this at that level, it is very risky.

Tang Zhuren this surprised Zhang Guang break the record of 100 m national, but only participated in one race nobody can guarantee that Zhang Guang will produce results, compared with those old athletes they expect other than a shooting star, to bright light after a moment disappear into the darkness of the night

Ma Zhuren frowned, he knows that Zhang Guang send this race at a great risk, if not achieve anything the national team will have lost in vain relay race 4 x 100m. for the national athletics team it is difficult to win any medal.

What he says is reasonable Zhuren Tang, Chen Jian is safer than Zhang Guan, after all is still very young, inexperienced, still you have many opportunities.

For all these years the development of sports in Guangdong is pretty good, we have cultivated a large number of athletes who have made outstanding contributions to the country ”

In addition “Less Than” the other coaches nodded in agreement ,.

the region of Guangdong and Guangxi has always been a province of Sprinters, currently the best-known players Chen Jian, Zhao Yian Han, Liu Yang, are from southern Guangdong Province, and young athletes Wen Yongyi, Liang Jianhong are Guangdong also, worth mentioning that in the future the first person to run 100 meters in 9.99 s is also in Guangdong.

coach Yuan, coach of the track team in Guangdong, went to Hong Kong and introduced numerous methods of exercises, training many outstanding athletes, better performance, the right to speak the national team, Guangdong Province has a of the best economies in the south, so no matter whether in administration or in sports Guangdong has good relations and contacts.

Ma Zhuren is at the top in athletics; Chen Jian to practically been chosen by default for the Athens Olympics is an honor granted to him Guangdong Province, clear that it possesses the strength to participate in the Olympic Games. in general the association of athletes gave the green light.

Zhang Guang only 17 in 5 years will have 22 years will be in the main age, Perhaps now asking him to Attend the Olympic Games really is too early.

Just Listen Ma Zhuren said Ta Zhuren said train an athlete is not easy, even It would take genius several years to become a world-class athlete, 100m Sprint is a great project but Zhang Guang is still very young, not time to send him to a career, there are more opportunities in the future ”

Ma Zhuren looked very reluctant and said, “but Zhang Guang broke

the national record, so I'm sending to the association \$ 100,000 in cash and 1 million in a grant for training, there should be no problem I think Zhang Guang has unlimited potential for the Olympic games in the capital ”

“Less Than” nodded clearly recognizing the words of Ma Zhuren, he knows the importance of the Olympic Games in the capital in 5 years, Ma Zhuren lead the national athletics team in 5 years to participate in the Olympic games, so he has the final choice of the athletes who are going to participate

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Lao Chen knew that this result was not surprising, and calmly he told Zhang Guang.

“I will not send to the competition relay 4 x 100 m, and the current situation'm not very optimistic on the participation of the Olympics in Athens next year,”

Chen Lao solemnly said: “You have to remember that sports competitions are cruel, that sportsmanship or anything, for athletes only accomplishments worth, Asian Games relay 4 x100 m if you lose the chance in this race lose the opportunity to participate in the Olympics, if you do not want this to happen again have to train hard and get great achievements in competitions, and when you are at the pinnacle of the world at that time no one will be denied entry.

Zhang Guang nodded and said, “Do not provoke Lao Chen, that day is not far”

CHAPTER XIII

By breaking the national record Zhang Guang got a week vacation to go home with his parents, after a brief gathering he return to the athletics team for a new training.

Zhang Guang on track with his feet in the starting blocks.

Chen lao up the gun and shouted “Steady, Ready

gunfire sounded, Zhang Guang immediately release all its strength and after a few steps stopped.

This was the Start practice of Zhang Guang.

Chen Lao frowned, mumbling, said: “I feel that your start is very fast, rest for 5 minutes, let’s try again”

Zhang Guang nodded, but in his heart secretly laughed, his new **Skill: “Rapid Response”** helps improve response time in the beginning, and now his reaction time is between 0.15 and 0.17s, and is similar to other professional athletes.

“Rapid response” not only improves the starting reaction time, other motor responses became faster.

A whole morning, 10 consecutive start times, Lao Chen said: I feel that the starting reaction time of Guang Zhang not lost compared to other professional athletes, this performance looks like a completely different person.

“How he will rest at home for a week and your reaction time gets faster” Lao Chen scratched his head and said go get the equipment to measure time,

The device for measuring time of the players in international competitions is very complex, the start time of the start pistol are connected to a sensor, while the starting blocks also have a sensor that determines the time from when the gunfire Sounded and the

feet are off the starting blocks, used to determine whether athletes have a false start, but eventually the sensor is used to calculate the athlete's finish time, according to the international standard, this equipment requires have an accuracy of one thousandth of a second, considered a precision instrument, so the price is not low, the provincial team only has a set of these instruments.

The technical staff spend an hour to ask the equipment, followed by Zhang Guang in the starting blocks and Lao Chen sitting next screen viewing data

the starting shot rang, Zhang Guang started fast, and the electronic screen immediately showed the reaction time of Zhang Guang.

Chen Lao opened his eyes watching the screen, the time that showed made him feel surprised and was hard to believe.

"0.159 seconds"

Even in competitions worldwide, a reaction time of 0.159 s or less is considered a qualifying time.

"This instrument is not right" Lao Chen asked to the technical staff,

The staff immediately responded: "Chen Lao we can ensure that the equipment is well, we take care of every day, there is certainly not a problem"

Chen Lao turned and said: Zhang Guang you left before the shot rang?

Zhang Guang shook his head.

"No, how can that be faster, it's only been a week." "Rests for 10 min, let's try it again, this time personally giving the order"

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Lao Chen will give the order to observe Zhang Guang and determine whether he is starting before shooting.

the beginning of the Sprinters is critical, the normal start listening

to them the gun and runs, but also may have gotten used to the pace of the examiner to exit before listening to the gun, if this method of beginning is successful could ensure 0.02s .

Some professional athletes use this method to beat them better players or players at the same level, this method is simply a bet.

As a coach he is not allowed to encourage the new athletes to use this method, they need new players to train its foundation and work hard to improve their levels, so I do not want that zhang guang is using this method.

“Steady, Ready

Chen Lao raised the gun, but still not giving the order, he is deliberately disrupting the rhythm, if Zhang Guang is using this method I'll know by the sensors in the starting blocks.

Zhang Guang did not move, but was hoping that Chen Lao gave the order.

“Bang”

the gun sounded, Zhang Guang began to move quickly.

“I did not feel I was using the method and did not move until the gun sounded” Chen Lao ask the technician immediately: what is the reaction time?

“0.161 s” responded

Although the reaction time is 0.002 seconds slower than before, but those are 0,002 milliseconds are negligible, these two times can be regarded as the same level performance.

“How is this possible?” the decades as a coach and Chen Lao never found a similar situation.

Sprinters have a reaction short time is entirely by training, it is impossible to reach a reaction time of 0.2 s untrained, the reaction speed of humans is affected by the brain and nerves, so greatly improve the reaction time in short time is a violation of the laws of

nature, so Chen Lao was so confused

“This week what did you do in your house” asked Chen Lao

“Eat, sleep, play With peas” Zhang Guang answered and said “peas is my dog”

Chen Lao apparently did not believe him and said, “Then how your reaction time improved so much”

“Old Chen, you say I’m a genius so i will create some miracles” said Zhang Guang

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August, the athletes trained to resist heat, sweat, and tears that fell on the field representing the dreams of athletes.

At the end of August the results of the 9 World Athletics Championships have been released in the country, the national team achievement 2 bronze medals, 7 people reached the top 8. Draft walk that is where athletes are in a higher level occupied the top 10 in the 5000 meters women won the 9th place. womens triple jump won the 13 place, and the track team did not qualify, let alone get a position.

But in these games there are some stars, in the decathlon of men’s broke the national record in the women’s 10,000 meters Xing Na created a world junior record, another female athlete Sun Ying won a bronze medal in the 10,000 meters, it worth mentioning that Liu Fei in the 110 m hurdles won the bronze medal for the national team and made history.

Two bronze medals in these last years been regarded as the best results in the world championships, compared to the other projects made great progress not to mention the 110 m hurdles men. The track team went back to Beijing and received a warm welcome, and after a short break they will returned to the 15 Asian athletic championship.

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Early September

the training ground for the provincial athletics team, there not many people here only a new athletes and some coaches.

The tournament national championships, in the Huangpu station is completely filled, most are athletes for the track and field team, they did not have the opportunity to stand a top of the world stage, for the national track and field team this level of competition is a good platform.

Zhang Guang at first he was not qualified to compete in this event, would only have a chance next year, and stayed with the provincial team training with Chen Lao.

At this time in autumn heat had the clothes Zhang Guang completely full of sweat, so he took off the shirt to keep training.

Chen Lao looked at Zhang Guang and saw those muscles and thought it was impossible that this was a 17-year-old kid, he could not contain himself and said: " Zhang I see you more robust than before "

At that time, Lao Chen's cell phone rang, it was the coach Zhou on the phone.

"Hey, Xiao Zhou, it's me. You are not preparing for the competition? how do you have time to call me ? How is the team's performance? Asked Chen lao

on the other side of the microphone, the coach Zhou spoke quickly and Chen lao suddenly began to smile.

After a while, Lao Chen put down the phone took a deep breath and look at Guang Zhang said, "there is good news, the Olympic Games in Athens next year, you can probably participate"

"Why? Asked Zhang Guang. He knew this involved local interests and thought he had to commit to something.

Chen Lao replied: "I told the coach Zhou you ran 100m in 10.17 s equaling Chen Jian creating your own record and with that you can

get the standard A to the Olympics”

According to the rules of the Olympic Games, Zhang Guang , Chen jian both are able to achieve the standard to enter the Olympics and obviously the national team will not miss the opportunity to send 2 athletes to the games.

Zhan Guang took a deep breath, the story is still in its course, there is no butterfly effect. Chen Jian in the national championship ran 10.17 s, but in the original story in the Olympics Chen jian lost in the first round, and then for 7 years no Chinese athlete could run less than 10.20s.

“Olympic Games” previously unthinkable even go to the competition “determination and hope that was what Zhang Guang had in his mind

CHAPTER XIV

Administration

In the Director office, Hounju Chang Fu was carefully reading the file.

Hounju Chang is a born athlete, retired, in charge of the women volleyball team, which took the lead in the most glorious moment. Later, he was called by the state system of general administration of the sport commission, starting from the first Olympic gold medal of Xu Haifeng, step by step witnessed the growth and the glory of the national sport, it can be said that he had dedicated his life to the cause of national sport.

This year Hounju Chang has 64 years old, after the Athenas Olympic games he will retired leaving his post dedicated to sports, but until that time comes he will share the responsibilities and fight for the improvement of sports in his country.

Many people think Athens Olympics next year Games results will not be very promising, but Honju Chang does not think so, he not only has high hopes that the national team can achieve excellent results in Athens but also is able to make a great progress in some projects, although the desire to win is great, he wants finish his work and retire in the best possible way .

Houju Chang at that moment was holding in his hands the list of people of the track and field who have reached the standards of Olympic competition.

Liu Fei 110m hurdles, which is clearly listed as the most dazzling star, he is the most promising player Houju Chang has. According to the current level of people Liu Fei, he will be able to win a medal at the Olympics, in order to achieve a medal in the athletic program that does not have any progress.

Huh? "Chang Houju reading the list of project men 100 m Sprint, was surprised to see that there are two names that have reached Olympic standard.

Two people! "Houju Chang watched carefully to ensure he not misread, then his eyes revealed excitement light.

"Race of men 100 meters, usually only reach the Olympic B standard, but two men reached actually the A standard, might be able to reach the second round. When I heard the name, it seems to have a medal at the Asian Games, is pretty good; ZHANG Guang who is this, "Houju read them carefully and call the secretary and said," I need information two athletes from 100 m"

The secretary immediately seek the information and in less than 20 minutes reported on Chen Jian and Guang Zhang through an email.

"Chen Jian, 2001 East Asian Games hundred meter runner-up. 2002 Busan Asian Games one hundred meters runner-up. The second place 4 x 100 m.

2002 National Champion Prix Track and Field

"Houju Zhang looked at the data, Huangpu National Championship 100 meters champion."

Zhang Houju with a smirk on his face said. "National Track. Championship and the Huangpu Station, its best time is 10.17 s looks good on this project, Chen Jian, if we send it to the Olympics might be able to achieve very good progress."

Houju Chang opened the information from ZHANG Guan.

"Zhang Guang so young, only 17 years old, Hounju Chang started reading and saw his only achievement asian athletic championship winner.

Houju Chang's face showed confusion, he called his secretary and handed the pitiful information Zhang Guang and said, What is this? just a line.

The secretary knows that Houju Chang thinks the little information of Zhang Guang is for his incompetence, he immediately says, "I want to talk about your report of this Zhang Guang!!!. I also thought it was a mistake so I called the athletic department and confirmed, the department says Zhang Guang only has 17 years and

before he had never participated in a competition, the Asian Athletic Championship was the first participation of Zhang Guang, so there is only one line.

The expression of Houju Chang relaxed and then asked: "Since there is no game data must have data of their training, their competence in the sports school before entering the team?"

"According to the information of Athletics Federation (IAAF), Zhang Guang participate in the Asian championship with only two months of formal training, but he does not come from a school of sports, he is an ordinary high school student," the secretary whispered, "they say Chen Lao luckily found him"

"Chen Lao found him? Houju Chang nodded to the ability of Chen Lao.

"So he does not come from a specialized school" Houju Chang hit the table with his hand and in his mind the word "genius" was formed.

National athletes train with this system, at all levels of sports teams and sports schools require a lot of staff and financial resources, which are responsible for selecting and training athletes. Famous athletes need 9 years of rigorous training, gymnastics athletes need to start their training at 3 or 4 years old. This is the only way we can prepare athletes, this shows that he is a genius.

Chang Houju suddenly shook his head and said: "No, we can not send an inexperienced player like Zhang Guang, first he needs to participate in an international competition, it certainly can not send him directly to the Olympics, is too irresponsible. The Olympic Games we can lose the game for our country, but we can not lose face.

Houju Chang is from a generation that has worked to build young people to improve in sports, being a coach he has led numerous expeditions abroad, at beginning he met with hostility and indifference abroad then got respect and flattery, so nobody understands better than people of his generation the importance of the image of the country. And the Olympics in Athens is his last

major tournament, He hopes that each member will be able to achieve good results.

Houju Chang took a pen and wrote the following information about Zhang Guang: make sure that before the Olympic Games in Athens he is able to participate in an international tournament, to strive to gain experience, so that is not nervous or have stage fright in the Olympics.

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Zhong Tian Guang.

Ma Zhuren reconvene everyone to the meeting room.

“Houju Zhang personally instructed, the central leadership told me personally that assures that Zhang Houju instructions are strictly complied, today’s meeting was basically to discuss this issue, Ma Zhuren looked at Gu Xie and said, “Gu Xie sprint is your responsibility, so first talk about your views on this

Gu Xie coughed and cleared his throat and said I would like to talk about national events, the competition this year just missing the national Grand Prix in November, before the championship a few races are needed to accumulate enough points to participate , so Zhang Guang not qualify, as for the next year, after the spring festival will be the national indoor athletics championship , in addition probably in april start the beginning of the national athletics championship Grand Prix, but the field of the championship will be in the Athenas olympic games trials.

Zhang Guang already reached the Olympic standard, he already qualified for the Olympic Games in Athens, I believe that Zhang Guang maximum can participate in two contests.

“So little” Ma Zhuren frowned and asked, and international competitions?

“Internationally, at the end of this month are the 9 Asian athletics championships, the World Grand Prix Zhang Guang not qualify, and there are no more races this year. The next year in Europe the event

of the Golden league is very high, we can not get an invitation of the organizing committee for the level of athletes in our country. the world championship Grand Prix next year is needed over 18 years to participate, Zhang Guang still not old enough and then are the Olympics, “said Gu Xi

“Would not it be only the 9 Asian championship? Ma Zhuren thought and said” and the sub-18 championships?

“Games sub-18 are relatively small, but counting next year the World Junior Championship at the end of July to early August, in Italy, but are very close to athenas” said Gu Xie

Ma Zhuren sigh with disappointment: “time does not permit, the opening ceremony of the Olympic games are on 13 August and athletes need to have participated in training, especially beginners athletes, adding that the admission of the Olympic Games in the early July ”

All came to the realization that the registration of the Olympic Games is before the youth world championship has begun, so the registration of Zhang Guang to international competition is impossible.

“It seems that there are only 9 Asian athletics championships, prepare a letter to Zhang Guang participate in the Asian championship, Ma Zhuren said helplessly.

“It is to increase the number of participants, or to replace any of the original contestants” Gu Xie asked immediately.

Ma Zhuren thought and said: “” Replace some of the original participants, the number of entries have been established, financial allocations have been given, according to the number of people the sudden increase of one more the funds for the needs would be insufficient .

Xie Gu asked, “” there is a project of relay 4 x 100 m Zhang Guang will participate in this?